



TURNIPS, FRESH

Date: April 2009

Code: F170, F172

PRODUCT DESCRIPTION

- Fresh turnips are U.S. No. 1 or better turnips or rutabagas.

PACK/YIELD

- F170: 1-pound bag (about 4 per bag)
- F172: 2-pound bag (about 8 per bag)
- A pound of turnips is about 4 to 6 small turnips or 2 to 3 large. 1 pound makes about 4 cups chopped raw or 2 ½ cups cooked turnips.

STORAGE

- Turnips should be stored in the refrigerator in a plastic bag, loosely tied or knotted.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- To prepare turnips for use wash and remove the tops and any roots. Peel, then chop or slice.
- To bake or roast: Cut turnips into 4 pieces each. Place on a baking sheet. Bake at 400 degrees F for about 45 minutes.
- To boil: Cut turnips into 2-inch pieces. Place in pot of boiling water for about 20 to 30 minutes or until tender.
- To microwave: Chop or slice turnips, place in a covered microwave-proof dish along with a few tablespoons of water. Microwave on high for 6 to 9 minutes. Let stand, covered, for 3 minutes after removing from microwave.
- Cooked turnips may be frozen in an airtight container.

USES AND TIPS

- Turnips may be mashed, roasted, boiled, baked, or boiled.
- Boil or mash turnips just as you would potatoes. You can add peeled, cooked turnips to your favorite soups, stews, beans, casseroles, and sauces.
- Try seasoning turnips with dried rosemary, thyme, basil, cinnamon, ground ginger, or cumin to add flavor.

NUTRITION INFORMATION

- ½ cup of sliced or chopped turnips counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendation is about 2 ½ cups of vegetables.
- ½ cup of turnips has 15% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- Keep turnips that are going to be eaten raw away from raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (78g) cubed, cooked turnips

Amount Per Serving

Calories	20	Calories from Fat	0	
% Daily Value*				
Total Fat	0g		0%	
Saturated Fat	0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium	10mg		1%	
Total Carbohydrate	4g		4%	
Dietary Fiber	2g		6%	
Sugars	2g			
Protein	1g			
Vitamin A		0%	Vitamin C	15%
Calcium		2%	Iron	0%

*Percent Daily Values are based on a 2,000 calorie diet.

CREAMED TURNIPS**MAKES ABOUT 6 SERVINGS****Ingredients**

- 2 pounds turnips, cubed
- 2 tablespoons margarine, melted
- ¼ cup flour, all purpose
- 1 ½ cups prepared instant nonfat dry milk
- 1 cup reduced fat cheddar cheese, shredded

Directions

1. Boil turnips in a large pot until just soft, about 20 minutes. Drain well.
2. Combine margarine and flour, and stir until there are no lumps.
3. Mix flour mixture, milk, and cheese into turnips, mashing with a fork.

Nutritional Information for 1 serving (about ¾ cup) of Creamed Turnips					
Calories	170	Cholesterol	15 mg	Sugar	6 g
Calories from Fat	70	Sodium	270 mg	Protein	9 g
Total Fat	7 g	Total Carbohydrate	3 g	Vitamin A	67 RAE
Saturated Fat	3 g	Dietary Fiber	3 g	Vitamin C	32 mg
				Calcium	290 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.

ROASTED VEGETABLES**MAKES ABOUT 6 SERVINGS****Ingredients**

- Nonstick cooking spray
- 2 potatoes, cut into 2-inch pieces
- 2 onions, cut into 4 pieces each
- 3 carrots, peeled and sliced
- 2 cups turnips, cubed
- 2 tablespoons margarine, melted
- 1 tablespoon water
- 3 garlic cloves, chopped
- 2 teaspoons dried rosemary (if you like)
- ½ teaspoon black pepper
- ¼ teaspoon salt

Directions

1. Preheat oven to 400 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Place potatoes, onion, carrots, and turnips on the baking sheet.
3. Combine margarine, water, garlic, black pepper, and salt in a small bowl. If using rosemary, add that too.
4. Drizzle over vegetables and mix until coated.
5. Roast for 30 to 40 minutes or until browned and vegetables are soft.

Nutritional Information for 1 serving (about 1 cup) of Roasted Vegetables					
Calories	140	Cholesterol	5 mg	Sugar	6 g
Calories from Fat	40	Sodium	180 mg	Protein	3 g
Total Fat	4 g	Total Carbohydrate	25 g	Vitamin A	295 RAE
Saturated Fat	1.5 g	Dietary Fiber	4 g	Vitamin C	19 mg
				Calcium	54 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.